

# THE FLYER

Vol. 33, Issue 1

Salisbury University's student voice

September 6, 2005

## University Village delays residents' services

### Student residents faced with numerous move-in delays

By Charles Bloom  
Staff Writer

University Village (UV), one of several new developments in the area intended to relieve congested student housing at Salisbury University, experienced setbacks in making the buildings available to students for this fall. A number of new residents have expressed outrage at the way in which the company handled the ensuing delays.

Although at least one student claims they were originally told the housing would be available by August 1, the move-in for UV has remained August 16 since the beginning of the summer. Two days prior to that date, however, students were called and informed of a new date of August 26. Those who were inconvenienced by this change were offered a room at the Salisbury Ramada Inn.

The delay was caused by "unforeseen weather challenges and insufficient water pressure," according to Elizabeth Horner, Vice President of Marketing and Communications for

Ambling Companies, the organization which owns UV. Students were told that the delay was caused by difficulties obtaining inspection certification for third floor sprinkler systems, a discrepancy which may have led some to believe that the problems were a result of poor planning and organization. "I think they should have taken care of this," said Senior Lee Anne Janney, a UV resident. "That certificate of occupancy should have been in their hand on the 1st."

Other difficulties arose on move-in day. While students were originally told that their housing check-in would occur between 8 a.m. and 5 p.m., those times were changed to 5 p.m. to 10 p.m. when the date was set back. On August 25, residents at the Ramada Inn discovered their check out time was at noon. "I had to drive to Assateague where I was working that morning with all my things in the vehicle and then drive back for move in," said Janney. Students with time to contact the office that day managed to receive



Justin Hennaut/The Flyer

Trash collected outside of the University Village apartments during the first week after students moved in. Trash dumpsters were not made available until the second week.

an extra day at the Ramada.

To make move-in as fast as possible on August 26, express check-in slips were sent out over the summer.

The number of students attempting express check-in resulted in delays of over an hour and a half, in which some students arriving at 5 p.m.

were not able to move in until around 7 p.m., according to sophomore Dale Godwin.

Despite the delays, UV still demanded the full rental payment of \$480 up front for the month of August. This upset students who had to pay rent twice for the month of August; one for the residence they were moving out of and a second for the residence they were moving into. That amount was prorated on the September bill so that students only had to pay for their five-day residency the previous month. "If they didn't, I would have been suing, because I couldn't pay," said Janney.

Some residents still have not moved into their residence. They are temporarily staying in unoccupied units while their apartments are being completed. Final construction of some buildings is still under way.

The complex continues to lack a number of stated features and amenities. The availability of high-speed internet was pushed back from August 27 to September 14. Land-line phones should also be available on that date. The windows still lack screens, and only one dumpster is available for residents instead of one for each of the eight buildings. A pool in the clubhouse remains unavailable for use.

A number of students reported that UV personnel were evasive about providing answers and explanations for the delays.

According to Horner, the delay affected approximately 127 students. When completed, University Village will house a total of 588 students in 147 suite style units, and is located on 14 acres at the end of Onley Rd.

Many of those who did not plan to move in until school started remained more sympathetic about the problems. "It didn't really affect us that much," said junior Ida Ryan. "The internet's not working and I can't use the pool, but I guess that's to be expected with new construction."

Other residents proved less understanding due to continued delays. "Every day I am pissed off until they're done this thing," said Godwin.

Overall, students expressed a belief that University Village will be a good place to live once construction has been completed. "I like the apartments," said junior Chris Aitken. "I think once they get their act together it will be a great community, but there's a lot of stuff they could have done better."

## Fulton fountain floats rubber duckies Board of Regents awards SU faculty



Jed Adelman/The Flyer

An unusual form of wildlife was found floating in the Fulton fountain Wednesday as part of SOAP's promotion for performer Barry Drake. Drake performed a 70's rock show Thursday at 8 p.m.

By Sean Gossard  
Staff Writer

The University System of Maryland Board of Regents met on Friday to discuss future plans for the following years. The meeting was called to come to agreement on enrollment growth, diversify funds, and to moderate the tuition increases.

The Board of Regents is the governing organization behind the

"I was surprised to receive the award and greatly thankful for this once in a lifetime honor."

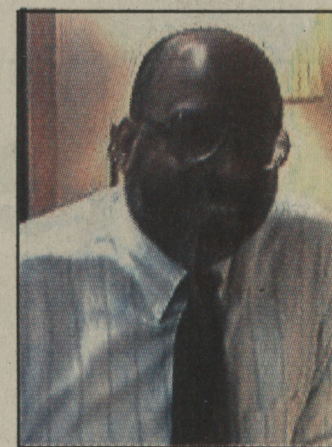
Vaughn White,  
Director of  
Multiethnic Student  
Services

entire University of Maryland System. It provides wide access to the University of Maryland System's

programs to students, and ensures that the system meets the needs of all students and residents.

One of the main topics of discussion was a four-year budget proposal set into place by William E. Kirwan, chancellor of the University System of Maryland. The goal of this plan is to achieve stability and continuity in the state funding of the public higher education system.

During the meeting, awards were



Vaughn White

See AWARDS on page 3

## SU sends help to Katrina's victims

By Megan Waters  
Staff Writer

In response to the tragic aftermath of Hurricane Katrina, Salisbury University and its student organizations have made efforts to help the victims. Although Katrina first made land fall along the Gulf Coast 15 days ago, because of the grand scale

of destruction, relief efforts have been slow. According to a September 11 New York Times article, Louisiana Social service officials estimated that approximately "114,000 people have taken refuge in shelters..." In the same article, Texas officials stated that they have received a daily average of 30,000

applications for food stamps. Under normal circumstances, officials say, only 1,300 applications are processed each day. Because of the large number of individuals in need of help and the degree of damage done to the cities along the Gulf Coast, officials anticipate that relief and restoration efforts will be on-

going for several years. President Bush was quoted in the same New York Times article as saying that "Recovery is going to take years."

Here at SU, many student organizations and sports teams are participating in relief efforts for the victims of Hurricane Katrina. Every SU stu-

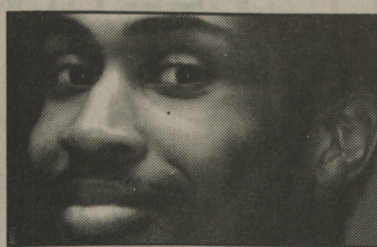
See KATRINA on page 3

## Cheapest Gas in Town



Chris Baum/The Flyer

The Shamrock station located North of SU on Route 13 holds the record for cheapest gas this week, ranging from \$2.96 to \$3.15 as of Sunday.



Page 6: Student Spotlight



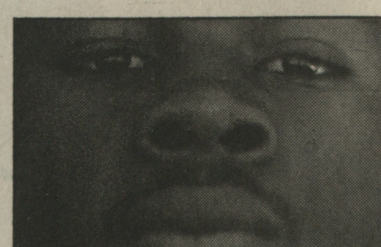
Page 8: New WXSU



Page 9: Local bands rock out



Page 10: Faculty concert



Page 11: Student-Athlete spotlight

### Index:

News .....2

Editorial .....4

Life & Style .....6

Arts & Entertainment .....8

Sports .....10



## News briefs

**STUDY ABROAD INTEREST MEETINGS.** Salisbury University is once again offering students the exciting opportunity to study Spanish language, literature and culture, and in English: Women's Studies, Education, Communication Arts and Latin American History in Ecuador during the month of January 2006. Interest meetings will be held in Caruthers Hall room 108 on Tuesday, September 20 at 3:30 and 7:30 p.m.

**AWARD-WINNING JOURNALISM'S DOCUMENTARY TO AIR IN CARUTHERS.** Award-winning journalist Robert MacNeill explores regional dialects in the three-part PBS documentary *Do You Speak American?* shown 7 p.m. Mondays from September 26-October 10, in Caruthers Hall Auditorium as part of Salisbury University's Year of Languages Fall Cultural Events Series. The documentary is screened a second time 7 p.m. Mondays from November 21-December 5. Public is invited and there is no charge. For information call 410-543-6271 or visit the [www.salisbury.edu](http://www.salisbury.edu).

**NEW UNIVERSITY WRITING CENTER OPENING AT HERB'S PLACE.** This fall, Salisbury University offers students those services and more at The University Writing Center at Herb's Place. The center will aim to develop students' writing skills. It is located on the second floor of the Guerrieri Center. Center hours will be 9 a.m.-9 p.m. Mondays-Thursdays and 2-9 p.m. Sundays. Future plans include evening workshops for students and a Web site. To schedule an appointment at the writing center or for more information call 420-543-6332.

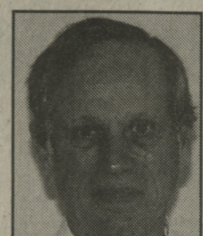
**DISTINGUISHED FACULTY AWARDS ANNOUNCED.** The 2005 Salisbury University Distinguished Faculty Awards go to Dr. Michael Lewis of History, Dr. Lisa Seldomridge of Nursing and Dr. Kathleen Shannon of Mathematics and Computer Science.

**FRESHMAN TALENT SHOW TO HOLD AUDITIONS.** The first annual New Student Experience Talent Show will hold auditions September 25 and 26 at 7:30 p.m. in the Holloway Hall Auditorium. For more information stop by SU Event Services Office or call 410-548-4597. SU freshmen and transfer students are eligible. The show will be presented to the entire campus on September 30 at 7:30 p.m. in the Holloway Hall Auditorium.

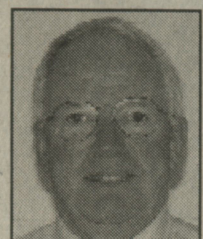
## Professors Basehart and Kane receive second Elikins award

By Jennifer Garrison  
Staff Writer

Salisbury University professors Dr. Francis Kane and Dr. Harry Basehart recently received the Wilson H. Elikins Professorship award for the second consecutive year. The Professorship awarded Kane and Basehart \$80,000, with the majority of this award going to the development of the Presidential Citizen Scholar Program. "This money will let us expand the program to two years and invite more students," said Pauline Gehrnich, managing director of PACE, in a press release. "Besides Dr. K. Peter Lade, who won the award in 1999, Kane and Basehart are the only SU professors to have won this award. "We feel honored to receive this prestigious award," said Basehart



Harry Basehart



Francis Kane

in a press release, "particularly since we realize how very rare it is for professors to receive it two years in a row."

The Presidential Citizen Scholar Program was developed by Basehart and Kane from the Institute for Public Affairs and Civic Engagement (PACE). They created a two-year commitment to establish life-long dispositions and habits of being a dynamic citizen.

"The program this year includes 40 students from 19 different majors, and 15 different minors," said Gehrnich. The program focuses on what the professors call the "3 C's" of civic engagement: curriculum, culture, and community. The curriculum and campus culture aspect of the program requires students to complete various workshops and attend lectures and seminars promoting political discussion amongst students and to decrease the common student apathy towards politics and government. Presidential Citizen Scholars must also participate in volunteer work at any community organization.

Though it may sound challenging and time consuming, students, such as Billy Mahoney, are

eager about their involvement in the program. "I'm really excited about this program because it seems like it will be a very engaging and fulfilling experience," he said. "I hope to learn to become a better and more active person in my community."

The premise of this program is to encourage students to be involved. "There are skills citizens need to become actual citizens," said Basehart. "Higher education has been neglecting its responsibilities to develop citizenship. We are a part of a nationwide movement to have higher education play more of a role in the development of citizenship."

Through this program, students will learn skills, such as communication and strategizing, to help bring about change and improvement into the community in which they live. Basehart said this program has taken special meaning to him and his associates. "In ten years, when the students have graduated and moved into their lives, they will be the active citizens who bring about change in their community," he said.

## Crime beat

09/05/05  
08:34 PM  
Trespassing

A University Police Officer observed a juvenile in the Devilbiss Parking Lot in violation of a No Trespass Letter. The juvenile was charged on a Dept. of Juvenile Services, Police Request for Juvenile Charges form.

09/06/05  
02:00 AM  
Alcohol Violation

A student was found to be in possession of an alcoholic beverage in the area of St. Martins Hall. The student is underage and was issued a civil citation.

09/06/05  
11:56 AM  
Theft

A student reported a backpack and contents were stolen from the Training Room hallway in Maggs Gym. The backpack had been left unattended.

09/05/05  
07:00 PM  
Burglary/Theft

A resident of Wicomico Hall reported that an unknown subject unlawfully entered the resident's room and stole an Apple iPod.

09/06/05  
07:30 PM  
Theft

A student reported a wallet and contents were stolen from the main gym floor in Maggs Gym. The wallet had been left unattended.

09/07/05  
11:45 PM  
Theft

A student reported that a vehicle parked in the Caruthers Parking Lot had been entered and a backpack & contents were stolen. The vehicle windows were left open enough to allow entry.

## SGA seeks members and diversity

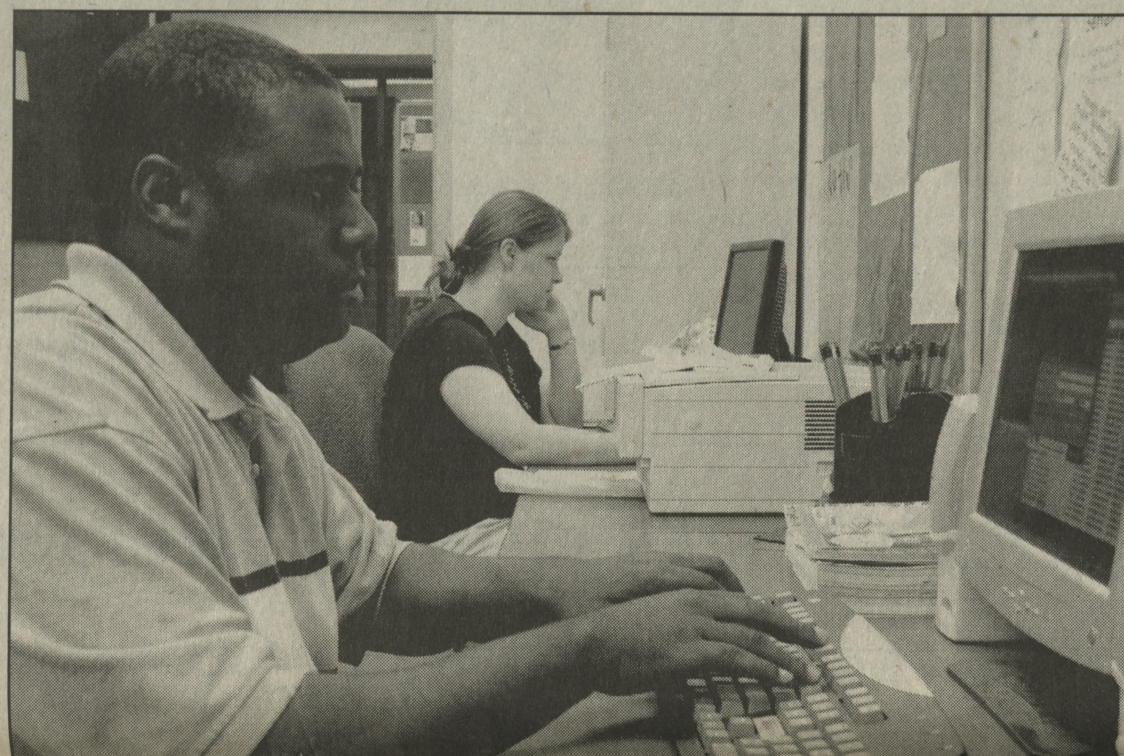
*Senate members say SU's biggest issue this year is involvement*

By Megan Waters  
Staff Writer

The Student Government Association (SGA) held an interest meeting Wednesday to discuss the goals and issues of the year ahead.

"One of the biggest issues this year is involvement by students, that's why we are encouraging people to join, and become involved," said Chelsea Aston Vice President of External Affairs. Participation is high when it comes to students being involved with groups, clubs, and organizations. The SGA is pleased that so many students are becoming more involved and hope that the students take that energy and enthusiasm and bring it to SGA.

The SGA would like to see more diversity in the organization as well. Beth Depot currently holds the position of Vice President of



SGA President Julius M. Jones Jr. and Speaker of the Senate Jessica Hamilton work in their office in the newly renovated Student Activities center downstairs in Guerrieri.

Diversity, which was newly created in the SGA for this purpose. The position started last semester and it encourages diversity in on campus organizations. "The position should work with clubs to promote diversity and get involved in learning about diversity because there is still racism on campus," says Depot, who works with Kevin

Carreathers of the Diversity Office and Vaughn White from Multiethnic Student Services. Depot is also working with Carreathers on creating a new diversity discussion group. "We're looking for diversity speakers to speak and work with students and faculty," she said. The group will begin next spring.

The SGA will hold their first forum on September 18 at 7 p.m. at Henson Hall in room 243. There will also be a diversity forum held on September 28 at 7 p.m. at Henson Hall in room 103. All students are encouraged to attend both forums to contribute their ideas.

## KATRINA: Students respond to disaster victims

Continued from page 1

dent, faculty, and staff member is encouraged to donate in any way that they can.

The Shore CAN Volunteer Center is collecting donations that will be transported to a Louisiana shelter. Items needed include baby items (formula, diapers, clothing), toiletry items and non-perishable foods. To support this endeavor bring items to the Shore CAN Volunteer Center, Guerrieri Center Room 133, or call 410-546-6015 to have items picked up. Donations are needed by Friday, September 16. For more information e-mail Angie Jones at [adjones@salisbury.edu](mailto:adjones@salisbury.edu).

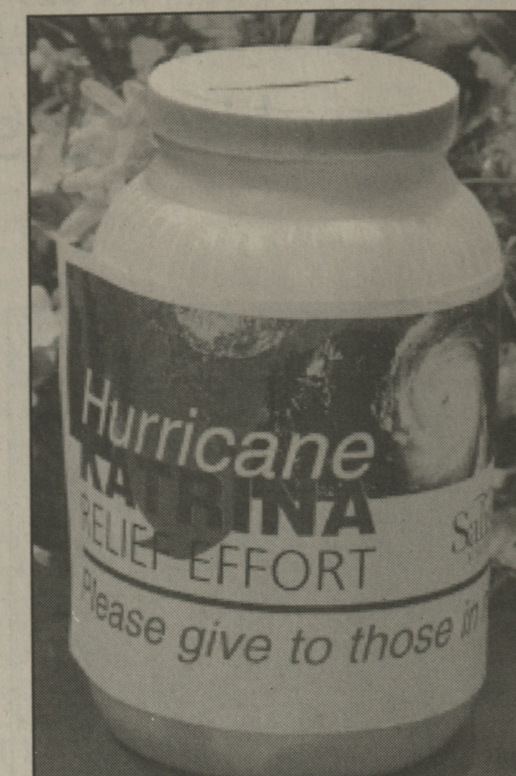
SU's Collegiate Chapter of the American Marketing Association is collecting personal items (soaps, shampoos, lotions, deodorants, baby diapers, etc.) and household items (brooms, mops, cleansers, sponges, etc.) to be shipped by Friday, September 30. Additionally, SU's AMA will adopt an elementary school and a family from the Lafourche Parish of Louisiana, which is two hours southeast of New Orleans. Donations will be accepted throughout the semester-a list of items will be posted outside Holloway Hall Room 106.

Alumnus and recent honorary doctorate recipient J. Michael Scarborough, who serves as the national president for Sigma Alpha Epsilon, is appointing a National Relief Director for the fraternity who will coordinate chapter relief efforts.

The Student Government Association asks every student to donate at least \$1 to help support Hurricane Katrina Relief efforts. Among the donation locations are the SGA Office, University athletic events, Safeway vans and SOAP-sponsored movies. The SGA also raised \$1,500 at the first football game.

Through the Student Activities Fair and weekend athletic events, SU students, faculty and staff donated \$1,470.68 to the relief efforts. The money has been given to the American Red Cross. In addition, several canned goods were donated.

Current student and Presidential Scholarship recipient Lillie Hooper withdrew from SU this semester to



Laura Emmons/The Flyer  
A collection jar in front of the Commons urges students to donate to the victims of Katrina.

work with the Red Cross in Louisiana.

To date, two students from Tulane University, one from Louisiana State University, one from Loyola University New Orleans, one from the University of New Orleans and one from Cameron College have enrolled as visiting students in Salisbury. The Admissions Office also is working with students inquiries from other Gulf Coast campuses.

The SU Bookstore has placed donation cups at University Dining Services satellite locations for collecting money for Katrina Relief. The money will go to the American Red Cross.

Delta Gamma hosts a charity denim sale Monday, September 26. They will sell high-end designer jeans

sold at Saks Fifth Avenue and Bloomingdales for discounted prices. All proceeds will go to the American Red Cross to help the hurricane victims. (9/6)

Geography alumna Sarah Jones '00 is studying for her graduate degree in public health at Tulane University and worked with the Red Cross in Louisiana creating hurricane evacuation plans for the 100,000 people without transportation in the region. Having been out of the area at the time of the hurricane, she is traveling to Baton Rouge to help her pastor coordinate recovery for his congregation.

SU's Safeway-the campus weekend safe-transportation service-is collecting hurricane relief donations from passengers riding its vans.

Students in the Geography and Geosciences Department are organizing efforts to collect non-perishable food and monetary donations in Henson Science Hall.

Brenda Windemuth, a family nurse practitioner and part-time clinical faculty in the Nursing Department, has been sent to New Orleans. The governor called her Wellmobile crew to go to Alabama or Mississippi to help out for two weeks.

Ellen Zinner, assistant to the president, was interviewed by Dr. J. Shep Jeffreys on Wednesday, August 30, on his Griefcast: Helping Grieving People, an Internet pod broadcasting program (<http://griefcast.blogspot.com/>). The program focused on community grief and referenced Zinner's 1999 edited book, *When A Community Weeps: Case Studies in Group Survivorship*.

Sea Gull volleyball and softball team members are creating "Flood Buckets"-health kits that include basic cleaning supplies-to be shared with those whose homes were spared by the hurricane but are in dire need of repair.

The Admissions Office is making every effort to accommodate students originally scheduled to attend college in New Orleans and surrounding areas. Call

410-543-6161 for assistance.

Dr. Clara Small, who worked tirelessly for victims of Hurricane Floyd, has again stepped forward, volunteering to help coordinate campus efforts, with the Student Affairs Office, to raise money and non-perishable food items.

The Student Activities Office will hold its first hurricane relief fund drive at Saturday's football season opener at Sea Gull Stadium, collecting non-perishables and monetary donations for the American Red Cross and Salvation Army. Student Activities will accept donations from 1-4 p.m.

The student chapter of the NAACP, together with the Student Government Association and Alumni Office, holds a Homecoming pep rally for students and alumni on Monday, September 26, from 8-10:30 p.m. in Maggs Gym where they will collect non-perishable food items and toiletries for hurricane victims.

The University Counseling Services Office is available for emotional support and counseling to SU students from the Gulf Coast states affected by the hurricane.

At least one SU student has temporarily withdrawn from classes to serve in the National Guard which is being called to assist in the stricken areas. He will automatically be readmitted when he returns.

Relief Resources

The University System of Maryland has released information about how it can help students affected by Hurricane Katrina. To find out more visit <http://www.usmd.edu/Overview/News/USMNewsReleases/2005Releases/katrina.html>.

For those who have missing friends and relatives or want to have information on resources, FEMA's Web site (<http://www.fema.gov>) has numerous links that are helpful.

## Attention CMAT majors and interested writers:

**The Flyer**

Freshman suspected of producing counterfeit bills in dorm room

Office of student affairs faces major staffing changes

Sen. Carper announces new partnership with SU students

**THE FLYER** needs your talent and skills!

Hiring:

- Copy Editor
- Opinion Editor
- Paginators
- Ad reps
- Staff Writers
- Photographers

The Flyer is Salisbury University's student voice, the only student-run news publication. If you are interested in seeing your work published, getting great work experience, gathering clips for future job interviews and even getting college credits; come join our team!

COME TO OUR STAFF MEETING  
TONIGHT  
MON. SEPTEMBER 12  
9 P.M.  
GUC ROOM 215

## AWARDS: Faculty commended at meeting

Continued from page 1

given to several members of the University System of Maryland. These awards are presented to faculty and staff of who have given extra commitment to their institution or the surrounding community. SU faculty and staff were given awards for their contribution to the community, institutions, and students.

Ruth Baker, associate managing director of the Business, Economic, and Community Outreach Network (BEACON), was awarded the honor of Extraordinary Public Service to the University or to the Greater Community for her work with the association. During the past 15 years, she has worked with students from the business department to participate in various activities for the community.

"The work we do with the community has helped shaped the east coast for the past 15 years," said Baker about the work she and the students have done with the community.

One activity she helped to coordinate was the Eastern Shore Transit System. This system helped to establish a bus route between three counties on the east coast.

Another member of the University staff to receive an award is Dawn Johnson, executive administrative assistant, Henson School of Science and Technology. She was awarded Exceptional Contribution to the Institution and/or Unit. This award goes to a faculty member who goes above and beyond to help out with the school. During her work with Henson School of Science, Johnson helped to manage the overwhelming funds and budget.

The final award was the Outstanding Service to Students in an Academic or Residential Environment given to Vaughn P. White, director of Multiethnic Student Services.

"I was surprised to receive the award and greatly thankful for this once in a lifetime honor," said White.

White has welcomed students to SU for 15 years.

"Vaughn understands well the challenges faced by students of color who choose to enroll in a predominantly white university," said President Janet Dudley-Eshbach. "For these students, many of whom have come from schools where students of color are the majority, this is

their first time away from home and in an environment that differs markedly from their prior experience. Vaughn brings sensitivity and skillful programming designed to promote a level of comfort among both students and their families."

White's efforts begin with the Pre-Matriculation Program where students and their families are invited to campus for a weekend of activities prior to the start of the school year.

"Vaughn is an excellent mentor to students," said recently retired Vice President of Student Affairs Carol Williamson. "He understands their developmental challenges and the issues of excelling in a majority white institution. Consequently, he knows the importance of all students developing an appreciation for the lives they will definitely live together in the 21st century. He is a knowledgeable and creative staff member who gives unlimited days and nights to assist the University in achieving its mission and our students in realizing their dreams."

# 2005 evergreen

Keep your memories of 2005 fresh with the Evergreen yearbook.

Arriving on campus September 23rd; limited quantities still available. \$30/student discounted pricing.

Order through the SU book store or contact Jane Bratten at 410.543.6058.

Cool Beans Presents...

# Faculty, Folks & Friends

Faculty & Staff Acoustic Coffeehouse

Thursday, September 15  
7-9 p.m.

Where the coffee is strong & the music is pretty...

cool beans CYBER CAFE



2



# Life&Style

THE FLYER SEPTEMBER 12, 2005

## Student Spotlight

## Dedicated student benefits SOAP and UAS

By: Contessa Crisostomo  
Life & Style Editor

Junior Arrington Bingham has his hands full trying to juggle being president of the Union of African-American Students (UAS) and Guest Speaker chairperson for SOAP. With a major in Communications he also has a full course-load to worry about.

What are your goals for UAS? As president, I'd like to change the trend over the years of clubs keeping to themselves and get a lot more interaction between organizations starting in the multiethnic organizations and from there moving on to all other organizations on campus. I would like to see more of a family atmosphere. I also want to get the freshmen more involved and get the point across that just because you're freshmen doesn't mean people aren't going to listen to you.

You mentioned collaborations with other organizations. What kinds of things would you like to see collaboration in? Community service events that will draw big crowds are good and co-sponsoring with other organizations will help to bring more people. They also help build memberships for all organizations involved, because they hear about other clubs through these events and may want to get more involved.

What events do you have planned with UAS? We are hosting a Homecoming dance on October 1st, which is after the game and on October 27th we are co-sponsoring a Halloween Dance APIC (Asian Pacific Islander Club). Tentative plans are to take field trips, like a day in DC to tour the museums and sights in the city.

How do you feel about the diversi-

ty of SU's student population? People say it's a predominately white school, however, the part of the student population that's not white is a decent mix of people from other countries. However, looking at numbers, we are not diverse in the slightest. On average, I haven't noticed people having issue associating with people from different countries and cultures. There are some people who are prejudice and some don't want to step outside comfort zone, but that's to be expected. There's a rotten apple in every bunch, it happens.

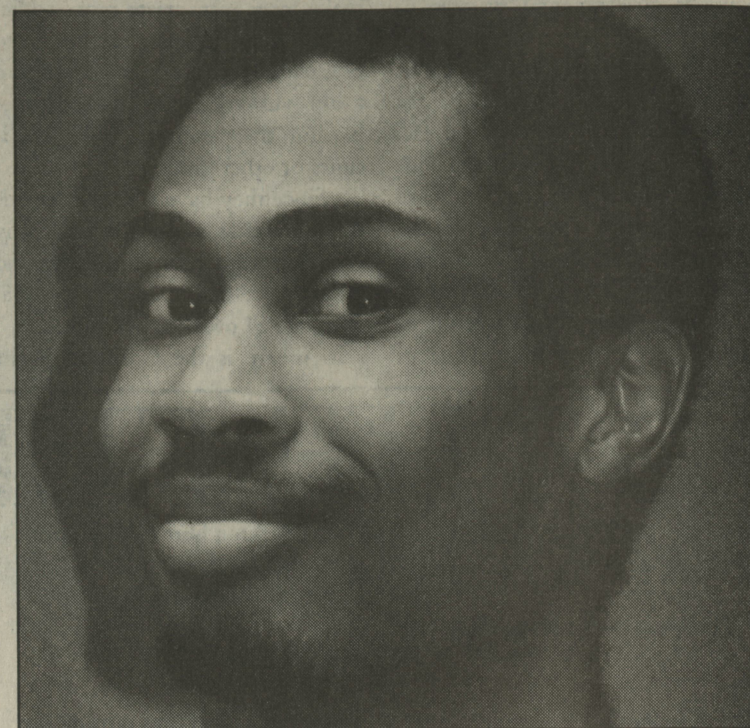
What do you plan to bring to the table as the new Guest Speaker chair for SOAP?

People hear the words "guest speaker" and they get drowsy and think it's like a guest speaker for class, so I'm going to try to give that some juice. They won't be the same old people who will tell you to stay in

school and not to drugs, although positive messages are important. I want to bring some people that will talk about topics that are pertinent to college students as well as national and international issues. I want to try to get more students to come out to the events.

You're an Interpersonal Communications major, but what do you plan to do after you graduate? I plan to go to law school and work in corporate law. Law is always interesting to me. I was inspired by my auntie who is a lawyer. Law school is tough and expensive but it doesn't really matter when you have your mind set on something.

Do you ever get free time between all that work? I'm pretty busy with everything that's going on lately with UAS and SOAP, but when I do get free time, I work out, do homework, and hang out with some friends.



Contessa Crisostomo/The Flyer  
Junior Arrington Bingham has his hands full trying to juggle being president of the Union of African-American Students (UAS) and Guest Speaker chairperson for SOAP.

## How to avoid the "freshman fifteen"

By Kelly Martin  
Staff Writer

Exercise. Some are terrified of the word. The thought of climbing on a treadmill for even five minutes makes their skin crawl. Others inject it into their daily routine like some inject sleep. However, exercising constantly and eating healthy are two life style choices that are beginning to slide lower and lower in their importance factor.

Any college graduate will admit that the college experience is indescribable. However, there is one thing you don't want to attain by the end of your freshman year: weight. The "freshman fifteen" has recently grown to the "freshman forty" and

for those who were misinformed, this does not only affect the females. Males are growing in size as well. There is only one solution and that is to eat and live healthy.

"Three times a week, for twenty to thirty minutes should be the minimum amount of exercise to maintain your shape," says Dr. Robert Martin of the Health Department. "If you are looking to get into shape or loose weight, add more time to your workout."

A lot of college students play sports, obviously a good way to stay in shape, but exercise isn't everything. Not all the food in the Commons is considered healthy and all the exercise in the world won't

save anyone from gaining weight because of three slices of pizza a day along with French fries.

There is an easy way to find out what foods any individual should be eating. Recently, the United States Department of Agriculture redesigned the Food Pyramid to adapt to how Americans should be eating today. The new Pyramid includes more emphasis on incorporating more whole grains, vegetables, fruits, and dairy into diets, and limiting fats and eating more lean meats and proteins, such as chicken, beans, nuts, and seeds. Information can be

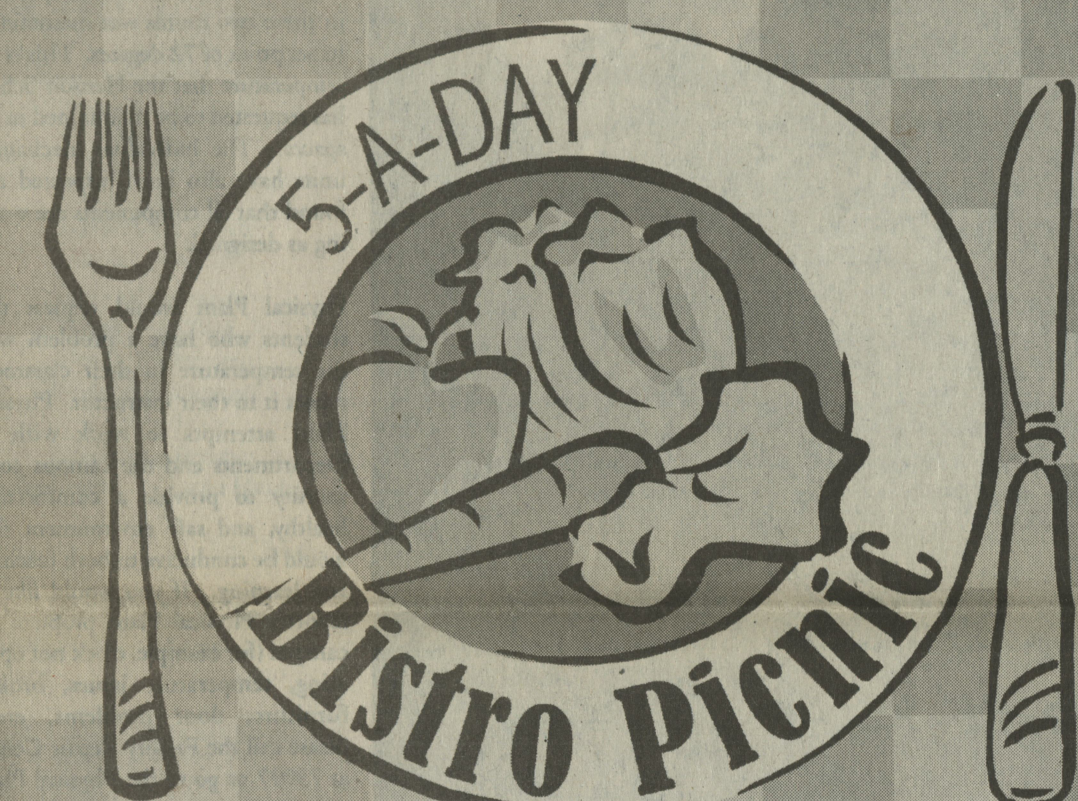
Continued on page 7, see FRESHMAN

## Classifieds

**Spring Break 2006**  
Travel with STS,  
America's #1 Student  
Tour Operator to  
Jamaica, Cancun,  
Acapulco, Bahamas  
and Florida.  
Now hiring  
on-campus reps.  
Call for group discounts.  
Information/Reservations  
1-800-648-4849 or  
www.ststravel.com

## ROOM FOR RENT

3 Bedrooms, 1 and 1/2 Baths,  
washer & dryer, cable tv & hi-speed  
internet, plenty of storage space,  
located within walking/ biking distance  
from college campus, full  
basement with pool table, furnished  
living room, dining area and kitchen,  
home office with computer & printer.  
\$400 per month plus 1/4 utilities.  
Available now, ample off street  
parking, individual leases, please  
call 443-366-3589 day or night,  
leave a voice mail if no answer.



Cream of Cantaloupe Soup • Hamburgers • Boca Burgers • Spinach-Feta Topping • BBQ Chicken Breast • Kaiser Rolls • Grilled Corn on the Cob with Lime Butter • Low Fat Potato Salad • Grilled Zucchini • Low Fat Broccoli Salad • Low Fat Coleslaw • Chick Pea & Red Pepper Salad • Tomato-Basil Bread • Pumpkin Loaf • Blueberry Oat Crumble • Sweet Potato Pie

Tuesday,  
September 23

11:30 a.m.-2 p.m.  
In The Bistro

**WINNER** Saturn of Salisbury  
welcomes the  
**SEA GULLS**

**2006 Saturn ION2®**  
2006 Saturn ION2® features include: manual transmission • OnStar • air conditioning • CD player. MSRP \$13,450  
**\$149<sup>mo</sup>**

**SEA GULLS OIL CHANGE SPECIAL**  
Includes:  
• Up to 5 qts. oil  
• Replace oil filter  
• Tire and fluid check  
• Free car wash  
**\$24.95**

**Saturn of Salisbury**  
Rt. 13 N. Ocean Blvd. at Connelly Mill Rd.,  
Winner Blvd.  
3 miles North of Centre at Salisbury  
www.saturnofsalisbury.com  
**FREE shuttle service available!**  
(410) 896-3800

Payment based on a 48-month SmartBuy at 3.25%, 12k miles/year, with \$2,495 due at signing. Optional balloon payment at end of term is \$4,642. To qualified buyers. Includes all applicable incentives. Tax and tags additional. Prior sales excluded. Photo for illustration purposes. Offer good while manufacture promotion lasts.

Looking for a place to **SHOWCASE YOUR TALENT?**

Cool Beans is looking for acoustic musicians to play in a relaxed atmosphere to a small audience...

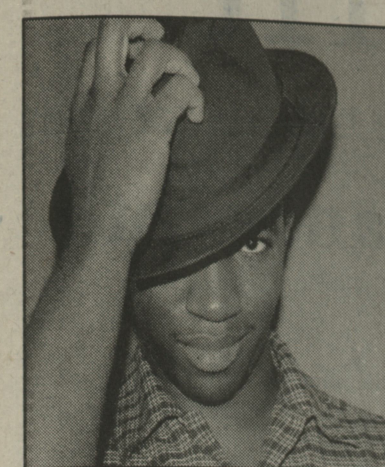
**thursday evenings FROM 7-9 P.M.**

If interested, please contact Paul Land at 410-543-6106 or pwland@salisbury.edu

**cool beans**  
COFFEE CAFE

SEPTEMBER 12, 2005 THE FLYER

## Mr. Advice



Mr. Advice answers all your questions, even private ones, in complete confidentiality. Send your questions to: kb04128@students.salisbury.edu  
Don't be shy, ask away!

I love to party, I love to drink, I love to be out and about. But my girlfriend doesn't like that. I mean what am I to do, because I like it so much but it always upsets her. What can I do about it?

This is a hard topic to cover because there could be so many different combinations of things happening here. But first, you have to ask yourself why? Why is she mad at me? Is this hurting her? Is this hurting me, is she hurt by that? Does she feel uncomfortable? If she's becoming upset with you every time you go out, there has to be a reason. For example, are you getting so trashed that you don't come back? Something like that may upset someone who cares about you because they have no clue whether or not you are okay. I am not saying there is a problem with social drinking, but under the assumption that you want to make her happy with you, then you need to figure out if what she is mad about is valid. If you don't know what makes her mad by now, the best thing to do is ask exactly what it is that upsets her. Communication is key! If you really care much about her and vice versa, maybe there can be some common ground you two can come to. Maybe, invite her out to party with you, maybe stay in with her a night that you would party. What if she is only mad because you don't spend anytime with her? I don't know what it is, that is for you to know if you want to stay in the relationship.

Are 19 credits too much? Am I still able to go out and have fun?

Heh, I'm right there with you...or close to it. Is it too much? Not if you can handle it. Not if you have good time management skills to determine the time where you relax or study. You are able to still go out if you get what you need done first. College is a great life experience and lots of fun, but the point of college is to further your education. So as long as you can get that work out of the way within the reasonable time that you need, you should be able to go out and have fun. There always needs to be a balance. Going out to a party, working out in the gym, getting together with friends, or etc., whatever it is balance needs to be maintained. If you work too much you may become stressed out. Stress in very large quantities actually is the cause for a lot of problems and complications later in life. Minimizing stress is important, besides you get work done when you don't completely stress out. In many cases, there should be more work time when one has this many credits on one schedule. In fact, that is the case for many people even with a lower amount of credits as well. Whatever it takes to get the job done, it has to be done.

**FRESHMAN, continued from pages 6**

found at MyPyramid.gov, which gives more detail on what types of foods to eat and how much.

"It's more individual than the last food pyramid," says Dr. Michelle

D'Abundo, Health Education Program Director. "It's more flexible because it bases your amount of food intake on your individual age, gender and amount of exercise you endure each day." D'Abundo says she doesn't have the pleasure to dine in the Commons, but freshman

## Fall fashion turns earthy

By Abby Smith  
Staff Writer

High-high stiletto boots might not be appropriate for an 8:00 am geography class. A loose cowl-neck sweater might not be the most practical choice for a biology 201 lab. Looking through the Hot Trends for Fall section of any fashion magazine, it's easy to feel that fashion designers are out of touch with how the real world lives and dresses, specifically, those who are more at home on a college campus than a catwalk. As co-eds shed the warm weather tank tops and shorts in favor of warmer gear, a familiar problem arises: how to dress fashionably during a season that demands more coverage than its summer precursor, yet not as much as the frosty temperatures to come.

While national fashion trends may dictate elaborate couture looks, they are not always popular among college students. Here at SU, many students will disregard high fashion and stock their closets for fall with trendy, yet simpler looks. "I like wearing cardigans...and boots," says junior Tiffany Brightingham. "They make your legs look longer." Danella Armstrong, also a junior, feels that some of the trends being promoted nationally by fashion magazines can't compete with certain classic pieces. "The traditional hoodie is never going to go out of style for men," she affirms. While some students alter their wardrobes with new pieces for fall, there are those, such as freshman Will Fries, who openly admit to ignoring fashion trends. "I wear flip-flops year-round," he states. "I'm more of a spring guy." Whether a student considers themselves to be trend-savvy or a fashion dunce, this season's look is simple: preppy with an edge.

"Fashion this season is taking a turn from the bright to the not-so-bright earth tones," says senior Salimah Mercer, who is known for taking an interest in style trends. "Brown is the new black...it's the tonic of this color medley." Kyera Dowe, also a senior, echoes Mercer's comments by saying that this color scheme works for both males and females, and extends to accessories and makeup. "Earthly oranges, pinks, and greens are really nice...they should be muted, not too bright," she explains, adding that accessories such as belts, gems and beads should reflect the unassuming earthy color scheme of one's entire wardrobe.

Another tip for fall, according to Mercer and Dowe, is "layer, layer, and more layering." This is a technique that both men and women can utilize, as long as there is variation in the fabrics being layered. "Make sure you have a different texture or pattern. Be adventurous," the two urge their fellow students.

For men, Dowe and Mercer state that there are two must-haves pieces for fall. "Button-up shirts and polos are two main items...boys really can't go wrong with them," they advise. "[Layering] long sleeved tees with graphic tees, pairing graphic tees with button-up shirts," Mercer adds that layering allows some pieces, such as the traditionally summer polo shirt to be worn year-round. "Long Johns layered under a polo is a good style for men." For men who need a little more fashion guidance, Mercer and Dowe point to celebrities such as Kanye West and Jay-Z as male fashion role models. "Kanye always looks good," Dowe effuses.

Embellishments and embroidery will be hot for women's fashion. This fall, styles will imitate the popular bohemian look of summer, but be updated for the colder season.

"There's a big Arabic...Eastern influence this season," Mercer says. Layering warmer pieces, such as cut-off jeans under a flowy bohemian skirt will be "one of this season's latest looks," says Mercer. Dowe cautions against low-rise pants, as they often make the wearer's legs look shorter and interrupt a long, lean line. "Don't be afraid to wear pants that fit," she urges. "If they're higher on your hips, they'll make you look taller, and your legs will look longer." Women can accessorize with lengths of large beads and pearls, draped around the neck or wrist, and chandelier earrings, all in green and brown earth tones. "Gold is coming back again," Dowe says, though she cautions that less is more with this trend. "It looks good with everything...all the earth tones. It compliments the color scheme for fall." The two state that the ultimate fashion icons for females are actress Sarah Jessica Parker and choreographer Fatima. "The trends that she [Fatima] was doing back a few years ago are fashionable right now," Mercer says.

Tracking trends and predicting what styles will be hot is one thing, but sometimes, finding those trendy looks at stores on the Eastern Shore can be a challenge. However, Dowe and Mercer urge SU students not to be discouraged by the selection of stores at the local mall. "It's definitely limited selection here. The best places to start are Hecht's for graphic tees and bohemian bottoms. Express Men and Lerner are also good," the pair agree. "Journeys has nice graphic tees and shoes...they don't have the best prices, but you

can find good stuff there."

Mercer and Dowe agree that while selection at the newly opened Ross and Marshall's, which is slated to open later this year, is not the best, one can still find some good pieces at very good prices. For those who must go across the bay to enhance their wardrobe, stores such as Forever 21 and H&M are good bets. "They have great prices, and their clothes look good," Mercer and Dowe recommend shopping online to those students who are disappointed with the selection in stores. "You can find a lot more things online...there's a much better selection if you go online," they say.

While the guidelines for fall fashion can seem overwhelming and confusing at times, there is one "no-brainer" rule that most everyone can agree on: Ugg boots are out. "If you wear them, you're getting a ticket!" Mercer affirms, saying that the once-popular footwear is no longer trendy and should not be worn. Senior Hermela Alemayehu agrees with this sentiment. "Uggs? Can I puke? Those things are always ugly."



can find good stuff there."

Mercer and Dowe agree that while selection at the newly opened Ross and Marshall's, which is slated to open later this year, is not the best, one can still find some good pieces at very good prices. For those who must go across the bay to enhance their wardrobe, stores such as Forever 21 and H&M are good bets. "They have great prices, and their clothes look good," Mercer and Dowe recommend shopping online to those students who are disappointed with the selection in stores. "You can find a lot more things online...there's a much better selection if you go online," they say.

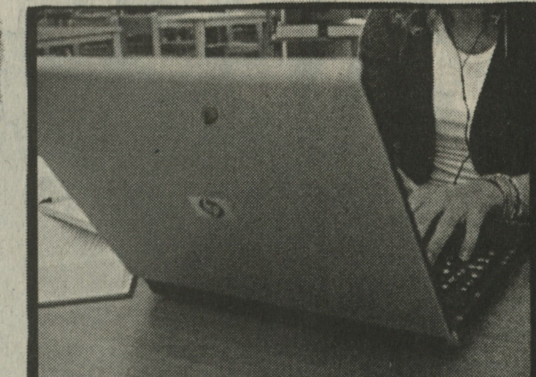
While the guidelines for fall fashion can seem overwhelming and confusing at times, there is one "no-brainer" rule that most everyone can agree on: Ugg boots are out. "If you wear them, you're getting a ticket!" Mercer affirms, saying that the once-popular footwear is no longer trendy and should not be worn. Senior Hermela Alemayehu agrees with this sentiment. "Uggs? Can I puke? Those things are always ugly."

Health is more important than most students think. It is very important to eat right and exercise, especially with the high risk of the freshman forty. For more information about a diet that is right for you, visit the on campus nutritionist, Dr. Kate Cerulli.

## Share your space, but live on your own.



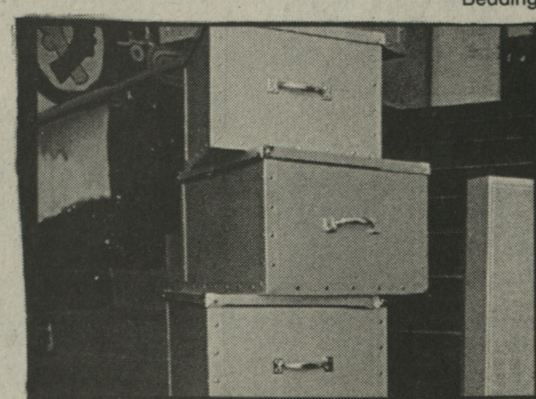
All furnishings pictured are from Wal-Mart.



HP Laptop



Bedding



Storage

Get everything for your dorm room at Walmart.com and still afford tuition.

**WAL-MART**  
ALWAYS LOW PRICES.

Always

Walmart.com



# Arts&Entertainment

8

## From SUR to XSU

By Kimberly Lennon  
Staff Writer

Last year, when what was then WSUR, received a grant to "turn" FM they changed not only their call letters but their attitude and format as well.

With new equipment and a new voice the new WXSU 96.3 LPFM began broadcasting over the airwaves during the Spring 2005 semester. With newly updated PSAs and community related news a Salisbury University radio station was finally able to relate not only to the campus but the city of Salisbury as well.

"I think having anything that breaks barriers between the school and the community is a good thing, so in just that, it's a good medium to advertise and bring college life outside of just campus," said senior Justin Michaliga.

Although radio shows were very popular in the years before, many in the XSU office believe this year will be bigger and better than ever. Listeners can expect to be hearing twice the number of shows with a full DJ schedule.

Becoming a DJ or a member of the WXSU staff is simpler than imagined.

"I think having anything that breaks barriers between the school and community is a good thing."

Justin Michaliga  
SU Senior

"There is no radio experience necessary to become a DJ or work behind-the-scenes; once you are hired we will be sure to take you step by step through the radio show process," said Music Director Rachel



Laura Emmons/The Flyer

DJ Lucia Michel board ops for WXSU. The station will run automated for another two or three weeks until DJ positions have been filled.

Carrier.

Student ran radio shows can be heard every day of the week, Monday through Friday 9am to 1 am and weekends 12pm to 1 am.

"DJ's play anything from Rock, Hip Hop, Indie, to electronica. The shows this year will be very diverse-there'll be something for everyone!" said Carter.

This year WXSU is taking on a plethora of new facets by not only holding a radio broadcast but by sponsoring local concerts and possibly a music documentary to be shown on campus later in the year.

The WXSU office is located on the second floor of the Guerrieri University Center and invites all

interested students to apply.

"If you're a Communications major, it's always a good idea to have some experience with campus radio," added Carter.

With new computers in the works for the station and lots of new voices, there is plenty going on to keep students and the community hooked to WXSU 96.3 LPFM.

If you are interested in working on or with WXSU they can be reached at 410-543-6195, just 36195 on campus, and for the technological savvy try emailing the station at [wxsu@salisbury.edu](mailto:wxsu@salisbury.edu) or through AOL Instant Messenger at "WXSU Office."

## NAACP fights for assistance with Katrina Relief efforts

By Kevin Banks  
Staff Writer

Coming from the warm summer and starting school up, students look for ways to ease into the school year, and what better way than the NAACP welcome back dance. The dance turned out to be a great success, "Lots of people came out, it became a really good turn out," says Sophomore Megan Vicchio.

Students from Salisbury, UMES, and other college students were welcome to the dance. "There was full cooperation from University Police, executive members from clubs, and especially the students," says Wendy Finley, SU chapter NAACP president.

The focus and mission of the dance was to raise money for the Katrina relief victims and to help fundraise for the student clubs. A donation bucket was used to help raise money for this great cause.

"Our mission was completed, it was for a good cause, and that's what matters," says Finley.

The NAACP was not alone on the first dance; help came from different organizations. "Students from other organization definitely helped out. We came together and it worked out. We thank everyone who came out to support," says Finley.

The theme dress code of the dance was army camouflage. The original idea came from support for troops of Iraq and their families. Support and money was to be donated for those who needed it. Unfortunately, Katrina soon hit after the original idea was created.

"After we heard about Katrina, we focused on that," says Finley. Families that are victims of the Katrina hurricane are in great need of any help that can be given, and SU students and clubs are active in this help which can be seen here.

With the new focus, the theme still remained and turned out to be a great success. "It was great, the place looks like a fashion show," says Sophomore Michelle Fields.

The theme finally became, fighting for assistance.

With a great theme and being the first dance of the year, the maximum capacity was reached early into the dance.

"They sold out of 400 tickets, the maximum is 400 and that happen around 9:30," says an SU student. Some students were upset because they were not aware that the limit would be reached so soon in the night.

"We were going to come earlier but we were told it would be no problem getting a ticket at the door but when we got here, it was sold out," says an UMES student.

"Most people got their tickets ahead of time," says Joe McNeil. Although some students were having problems, it was mandatory to set

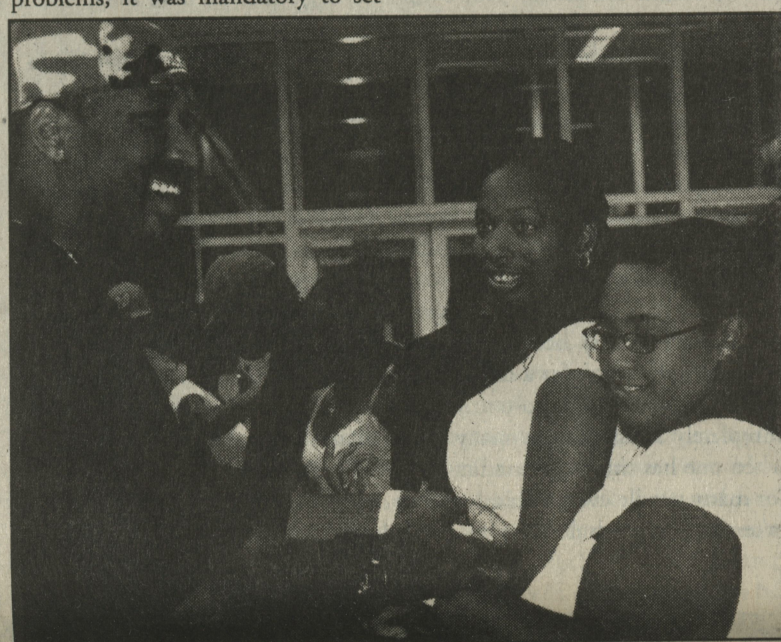
the limit for the maximum capacity and this is for fire code and safety precautions.

"We just want to make sure everyone stays safe," says Sergeant Boothe. Safety comes first when such a large amount of people are together to ensure no one gets hurt.

"We had to turn people away only because we hit max capacity," Finley says.

Despite a few tribulations, the dance turned out to be a great success. "A great turn out, lots of people, and we're making money for the NAACP and the Katrina Relief," says Dr. Miller. The overall mission is to raise money, ensure students of a good time and donate money was completed safely.

Students agree the NAACP has set the bar for student dances and everyone is looking forward to the next offering.



Contessa Crisotomo/The Flyer

Antone Washington works the door during the NAACP dance held on Saturday in Wicomico room.

## SOAP Movie Calendar

<i>Batman Begins</i>	September 16-17-18
<i>Bewitched</i>	September 23-24-25
<i>Madagascar</i>	September 30-1-2
<i>Charlie &amp; the Chocolate Factory</i>	Oct. 7-8-9
<i>Bad News Bears</i>	October 14-15-16
<i>War of the Worlds</i>	October 21-22-23
<i>The Island</i>	October 28-29-30
<i>Stealth</i>	November 4-5-6
<i>Skeleton Key</i>	November 11-12-13
<i>Four Brothers</i>	November 18-19-20
<i>Corpse Bride</i>	December 2-3-4

Movie Shows:  
Friday 7pm  
Saturday 3pm-7pm  
Sunday 7pm-10pm

SEPTEMBER 12, 2005 THE FLYER

## Local bands rock the town at CCISP

By Abby Smith  
News Editor

Saturday nights in a college town are always exciting, but this weekend, when four local bands took the stage, things got a little more interesting.

The bands, composed of current Salisbury University students and alumni, rocked the crowd for hours. Gathered in the parking lot of CCISP in Salisbury, fans of the bands turned out in large numbers.

Saturday's concert was sophomore Aryn Kratzmeier's first time hearing the bands live.

"I've never heard of any of them before but they're all really good," says Kratzmeier.

Despite a few minor difficulties, such as absent band members and technical issues, fans were impressed with the performances.

Although Autumn Place was missing one of its members, fans did not seem to mind.

"They were minus one, but they were great. I love them," exclaimed junior Lauren Fuchs.

Kratzmeier agreed, "It was a really good performance."

Members of Autumn Place describe their sound as "emo-pop-rock" and said that they modeled themselves after bands such as "The Early November."

Whatever they describe themselves as their fans love them.

"They rocked it" sophomore Chris Hilley exclaimed.

The already-energetic crowd was infused with even more life as Cutlery took the stage.

With seven members, the band was by far the largest performing group at the concert. Because of its large number of members and diversity of musical tastes among the



Laura D'Alessandro/The Flyer

Top Left: Letter Five Top: Autumn Place Bottom: Cutlery

members, it can difficult to attach a specific label to the group's sound.

Band member Chris Marrow described the group's sound as "All the bands that your favorite bands would listen to."

Vocalist Ryan Grimes stated that it's always a challenge to define a specific label for the group's sound.

"We always sit down to write this kind of song, but we end up writing something completely different," says Grimes. "We'll be like 'Hey, let's write a dance song', and we'll end up with a cinematic opus instead."

While the band's main style may not be grand scores that seem more at home in a movie soundtrack than on a rock stage, Cutlery is in the process of writing a score to the upcoming movie "White Lies, Black Sheep", directed by cult movie director James Spooner.

The band will soon be traveling to New York City to work on the project.

"I've never heard any of them before but they're all really good."

Aryn Kratzmeier  
Sophomore

Although some might say that writing a track for a movie is a sure sign that the band has hit the big time, the members of Cutlery are far more modest.

Grimes and Marrow concur that although they enjoy being in the band, they are not necessarily looking to go professional.

"It's just fun for me" Marrow says. All of the bands at Saturday night's performance have pages on [www.myspace.com](http://www.myspace.com), and often play shows in the Salisbury area.

For more information on the bands, visit their myspace profiles.

## Real World comes to SU Two cast members from Real World Philadelphia make appearances

By Stephanie Soketka  
Staff Writer

"This is the true story of seven strangers, picked to live in a house, work together and have their lives taped, to find out what happens when people stop being polite and start getting real" and on September 14th SU is going to 'get real' when Real World-ers Landon and another cast member visit.

At the event SU students will get not only the hottest gossip from the

hottest characters but a brand new perspective to what goes on behind the scenes of what many consider to be the granddaddy of reality television.

Since "The Real World" premiered in 1990, it has managed to hook and affect millions of people all over the world as week to week, people sit eagerly awaiting the drama to unfold between the latest couple or to watch the next drunk fight or just to find out who will hook up next.

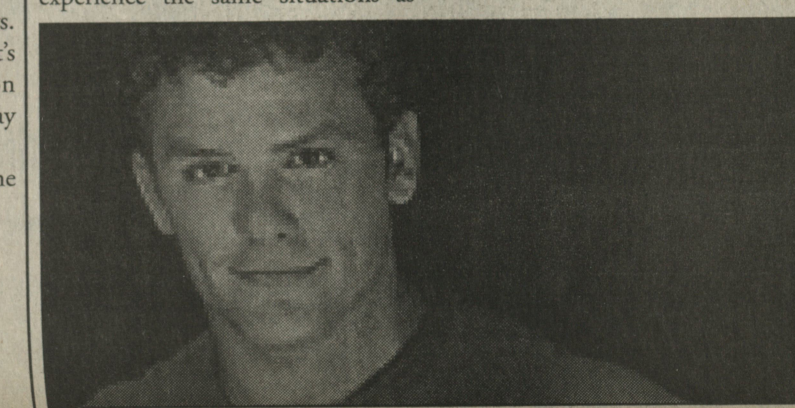
The show appeals mainly to the Gen X generation because many experience the same situations as

what happened to certain characters and their relationships or many want to know what it's really like on "The Real World?"

Students are already keyed up for this event.

"I think it's awesome that Salisbury is able to get them to come because their young, and hot and we can all relate to one another" says junior Lauren Appleby.

So come prepared September 14th at 7pm with questions to ask of these characters we have come to know and love. For sure, this will be a "real" experience no one should miss out on.



## Welcome Back SU Students!

### The Bagel Bakery



Salisbury, Maryland  
1006 S. Salisbury Blvd.  
Phone 410-543-8249  
Fax 410-543-9670

BAKED FRESH ALL DAY	
.60 each • Baker's Dozen \$6.70	
Plain • Cinnamon Raisin • Poppy • ET • Onion	
Honey Wheat • Blueberry • Sesame	
Apple Walnut Cinnamon • Sun-dried Tomato	
Energy • Ultimate Grain	
Bagels (each).....	.60
1/2 Dozen.....	3.35
Baker's Dozen.....	6.70
Cream Cheese	
On a Bagel 1.89 1/2 Lb. 2.59	
Plain • Lite • Lite Vegetable	
Honey Walnut • Lite Sundried Tomato	
Garlic • Herb • Mixed Berry	
Spinach • Artichoke • Salmon Spread	
Chive • Olive	
Special Varieties Each Month	
Nova & Cream Cheese.....	4.75
Nova 4 oz. Package.....	4.75

Sweets & Treats	
Caramel Pecan Roll.....	1.90
Bagel Knot.....	.99
Bagel Bite.....	.37
Crunches.....	.99
Good Morning Muffins.....	.70/1.40
Danish /Turnovers/Maple Pecan.....	1.35
Big Cookie.....	1.25
Buttery Croissant.....	1.60
Filled Croissant.....	1.60
Sticky Buns.....	1.50
Gourmet Brownie/Blondie.....	1.10
Pumpkin or Banana Rolls (Slice)1.35 (Whole)10.95	
Pie (Slice).....	1.50
Streusel Coffee Cake.....	1.35
Yogurt Bread (Slice).....	1.20
Sin A Bon.....	1.75

We also serve: Espressos -  
Cappucinos - Mocha's - Lattes

Breakfast	
Breakfast Items Served All Day	
Bagel (w/Choice of Spreads)	
(Butter, Margarine, Honey or Jelly)	
Southwest Wrap (Flour Tortilla Shell rolled w/Egg, dried Peppers, Tomatoes and Cheese).....	2.80
Southwest Wrap w/meat (Same as above w/your choice of Ham, Bacon or Sausage).....	3.50
Eggwich (Bagel w/Egg & Cheese).....	2.00
Eggwich (w/Ham, Bacon or Sausage).....	2.80
Eggwich (Cholesterol Free).....	Add .75
Bagel (w/Ham, Bacon or Sausage).....	2.00
Fresh Fruit Salad.....	1.25
Cereal.....	.55
Yogurt.....	.90

Bagel Sandwiches	
On Your Choice of Bagel.....	3.75
On A Croissant.....	Add .79
On Bread.....	Add .59
Sandwiches Include: (Lettuce, Tomato, Onion & Cheese)	
Oven Roasted Turkey Breast • Ham	
Smoked Turkey Breast • Grilled Chicken Breast	
Tuna Salad • Chicken Salad • Roast Beef	
Peanut Butter & Jelly.....	2.00
BLT.....	2.25
Cheese (Swiss, Muenster, Provolone or American).....	2.25
Hummus & Sprouts.....	2.95
Whitefish Salad.....	3.60

LIGHTER FARE	
The Healthy Bite.....	2.25
(Lite Cream Cheese, Sprouts, Lettuce & Tomato)	
Vegetarian (Lettuce, Tomato, Sprouts & Onion).....	2.00

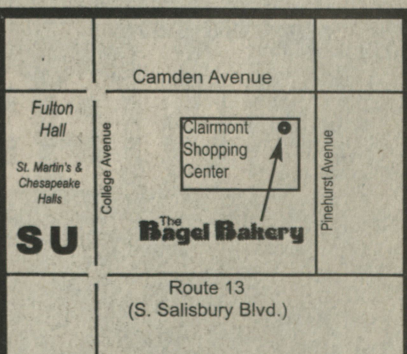
ON THE SIDE	
Potato Chips.....	.50
Pickle Spear.....	.25
Cheese • Avocado • Tomato • Sprouts.....	.30
Hot Sandwiches	
Pizza Bagel.....	2.25
White Pizza Bagel.....	2.25
Cheese Melt.....	2.50
Hot Ham & Cheese.....	3.95
Tuna Melt.....	3.95
Veggie Melt (Veggie Cream Cheese & Mashed Muenster).....	2.75
Nutri Bagel (Mashed Cheese, Tomato & Sprouts).....	2.75
Bagel Dog.....	1.85

Croissant Sandwich Combos	
All Served w/Chips & Pickle Spear.....	4.75
Chesapeake Special (Tuna Salad, Swiss, Tomato & Sprouts)	
The Wicomico (Ham, Cheese, Tomato & Sprouts)	
The Eastonian (Smoked Turkey, Bacon, Tomato & Cheese)	
The Oxford (Turkey, Swiss, Avocado & Sprouts)	
The St. Michaels Club (Ham Turkey, Tomato & Cheese)	
Chicken Salad Supreme (Lettuce, Tomato)	
Tuna Salad Supreme (Lettuce, Tomato)	

Homestyle Soups & Salads	
Soup Broth Base.....	Cup 1.75
Soup Cream Base.....	Cup 2.15
Bread Bowl (Soup Poured into Bread).....	3.79
Garden Salad.....	Sm. 1.60
Chef Salad.....	Sm. 2.75
Tuna Salad Platter.....	3.95
Chicken Salad Platter.....	3.95

Focaccia Sandwiches	
Smoked Turkey & Sun-dried Tomato.....	4.95
Smoked Turkey with Sun-dried Tomato cream cheese, Lettuce Sprouts, Tomato and Swiss.....	
Baked Ham & Provolone.....	4.95
with Tomato, Lettuce, Mayonnaise & Mustard.....	
Three Cheese Roast Beef.....	4.95
with Garlic & Herb Cream Cheese, Tomato, Red Onion, Provolone and Blue Cheese Dressing.....	
Grilled Chicken Cordon Bleu Melt.....	4.95
with Ham, Swiss, Lettuce, Mayonnaise & Mustard.....	
The Vegetarian.....	4.95
Cucumbers, Tomato, Lettuce, Red Onion, Sprouts, Swiss Cheese and Vegetable Lite Cream Cheese.....	
Chesapeake Club.....	4.95
Roasted Turkey, Ham, Bacon, Lettuce, Tomato and Mayonnaise.....	
Turkey Bacon Cranberry.....	4.95
Roasted Turkey, Bacon, Lettuce, Tomato, Red Onions and Cranberry Pecan Spread.....	

GULLCARD ACCEPTED HERE  
Homestyle Soups & Sandwiches  
Gourmet Coffee  
Open Early Seven Days A Week



The Bagel Bakery  
Eggwich w/  
Meat and  
Small Coffee  
\$3.00  
Good until 10/31/05

## HEREEEEEEEEEEE'S SOAP BOX

This week:

Real World  
9/14  
7pm HH

Surf Trip

to  
Outer Bnks.  
9/16  
Check Website

Batman Begins  
9/16-9/18  
Check Site  
for Times

<http://orgs.salisbury.edu/soap>



## Cousins and musical troupe at SU

Professors Chad Hones and Derek Bowden performed last week

By Stephanie Sokerka  
Staff Writer

Last Wednesday Salisbury University played host to the musical offerings of two of its very own faculty members when Professor Chad Hones and Professor Derek Bowden, members of the Department of Music at Salisbury University performed a three-part concert in Holloway Hall. The concert combined the modern music of Arvo Part, Hovhaness, Howard Hanson and many others.

"I always had an interest for music and began taking piano lessons at age fourteen," says Derek.

Hones also became interested in guitar by his early teens.

Hones and Derek are cousins, six months apart in age, and grew up next door to each other.

"In high school we got to play together quite a bit. It's difficult to play and perform together because there is little music written for piano and guitar. We usually end up transcribing pieces for other instrumental combinations into piano and

guitar. It's interesting, not all musicians play well together, but it helps that we grew up together and know each other's style of playing, it makes for an enjoyable experience," says Bowden.

Hones attended the conservatory at Shenandoah University, graduating magna cum laude with a Bachelor degree in guitar performance and a minor in piano. He then furthered his education, and pursued graduate studies at the University of Tennessee, choosing his concentration as historical musicology and ethnomusicology.

Hones is currently part-time faculty at Salisbury University where he teaches a music appreciation class on the topic of American folk music. He also enjoys playing different styles of music and instruments including: the cello, viola, banjo, mandolin, and electric bass.

Derek holds a Bachelor of Science degree in Geography from Salisbury University and a Master of Arts degree in Cultural Geography from University of Delaware.

Derek has been a part-time faculty member teaching applied piano since 2001. He currently manages the Salisbury Symphony Orchestra and teaches music appreciation courses.

"Listening to music, and understanding what it is you're listening to is just as important as learning to play an instrument."

Derek Bowden  
SU Professor

Derek gives this piece of advice to amateur musicians. "I always tell my students during the first week of classes: I'm not interested in making you skilled musicians, I'm interested in making you skilled listeners. Listening to music, and understanding what it is you are listening to is just as important as learning to play an instrument. ... I'm an amateur as well, so my ultimate goal is to always enjoy what I'm doing."



Laura Emmons/The Flyer

SU faculty members Chad Jones and Derek Bowden performed Howard Hanson's Lullaby from Three Miniatures.

DOUBLE-MAJOR IN  
FASHION DESIGN AND  
PERSONAL FINANCE  
AT THE SAME TIME.

**RUGGED**  
WEAR HOUSE

BIG NAME BRANDS. SHOCKING LOW PRICES.

FLASH YOUR STUDENT ID AND GET  
YOUR ENTIRE  
**10% OFF**  
PURCHASE  
WITH COUPON  
NOW THROUGH SEPTEMBER 30TH

SALISBURY  
THE COMMONS AT SALISBURY  
WILMINGTON PRICES CORNER  
GLASGOW PEOPLE'S PLAZA

WWW.RUGGEDWEARHOUSE.COM

Select styles and brands only. Items shown may not represent actual merchandise. Exact styles may vary from store to store.



# Meet the Perfect Roommate.

Move in on the Student Banking Package.

FREE Checking when you enroll in FREE Online Banking • FREE Chevy Chase Check Card

24-hour access to cash at more than 900 Chevy Chase Bank ATMs, including ATMs on or near campus

Overdraft Protection\* • FREE Cash Rewards Student Visa Platinum Credit Card\* • A chance to win\*\* a FREE iPod mini!

To sign up, visit our branch near campus at 1101 Camden Avenue or call 301-987-BANK or 1-800-987-BANK (out of area). For more information, visit us online at [chevychasebank.com/student](http://chevychasebank.com/student).

# Sports

SEPTEMBER 12, 2005 THE FLYER

## Student-Athlete Spotlight

# Westbrook proves to be great defensive asset to SU football

By Angelo Torres  
Staff Writer

You might have seen him two Saturdays ago making huge plays for the team sporting the maroon helmets while his brother from the NFL cheered from the stands. And I'm not referring to Marcus Vick of Virginia Tech. I'm talking about Salisbury's best defensive back/return specialist Byron Westbrook.

Westbrook is a junior from Fort Washington, Maryland, majoring in Information Systems and is the brother of Philadelphia Eagle running back Brian Westbrook. Both Street & Smith and D3football.com recognized Westbrook's stingy defense with preseason all-American honors. At the home opener against Methodist, Westbrook defended his preseason accolades with a solid game on both special teams and defense. On his way to team meeting, Westbrook sat down with The Flyer in Fireside Lounge and is this week's subject of the Student Spotlight. Without any further delay, Down, Set, Hike!

Against Methodist in the home opener you had kickoff returns for 25, 68, and 71 yards. What are the keys to picking up such gaudy chunks of yards in the return game?

First I have to give thanks to the blockers. Without them I couldn't do it. Coach Wood puts us in positions to be successful. When the front eight do their job it makes it easy for me.

Which do you take more pride in: your special teams play or your play at defensive back?

Special teams is important, but there is no greater honor than being an all-American defensive back. I take more pride in my defense.

Which would you rather have: a three-interception game or a 90-yard touchdown return game?

I would have to say a three-interception game. It gives the offense a chance to score twenty plus points as opposed to my seven.

You come from Dematha Catholic High School in Washington, D.C., which is recognized nationally for its play. In your opinion, who is the greatest player ever to throw on a Stags unit?

Tim Strachan was a quarterback in the early 90's recruited by a lot of colleges. But he had a diving accident at the beach, leaving him paralyzed from the waist down. He was still able to go to Maryland on a scholarship and the coaches always used him as the perfect example of perseverance.

Who will have a greater impact on this year's Super Bowl run for the Philadelphia Eagles: T.O. (Terrell Owens) or your brother?

I would have to say my brother. He's coming out of the backfield receiving and rushing the ball. He could've easily got 1,000 yards in both receiving and rushing if he didn't get hurt.

Football related or otherwise, what is the best advice you have ever received?

Outwork the next man by 300 percent. That goes for the classroom, as well, and anything I do in my life.

It seems safe to say that football comes natural to the Westbrook family. What was it like growing up?

My brother and I would play basketball and football. He was my big brother and I wanted to be like him. We always learned a lot of football and life lessons from our father. It was a competitive house.

What occupies your time when the jersey and pads are off and the books put away?

When I do have down time I like to do the simple, college stuff: hang out with friends, parties and video games. I have such a busy schedule that I just like to relax, because I don't get a lot of down time.

If I gave you four quarters and a

jukebox what would be your musical selections?

I love down south music, DMX, and Jadakiss. And since I'm from DC, I love GoGo music.

Back to football, eight interceptions for Byron Westbrook this season: over/under?

Under.

Nine wins for SU football this season: over/under?

Over.

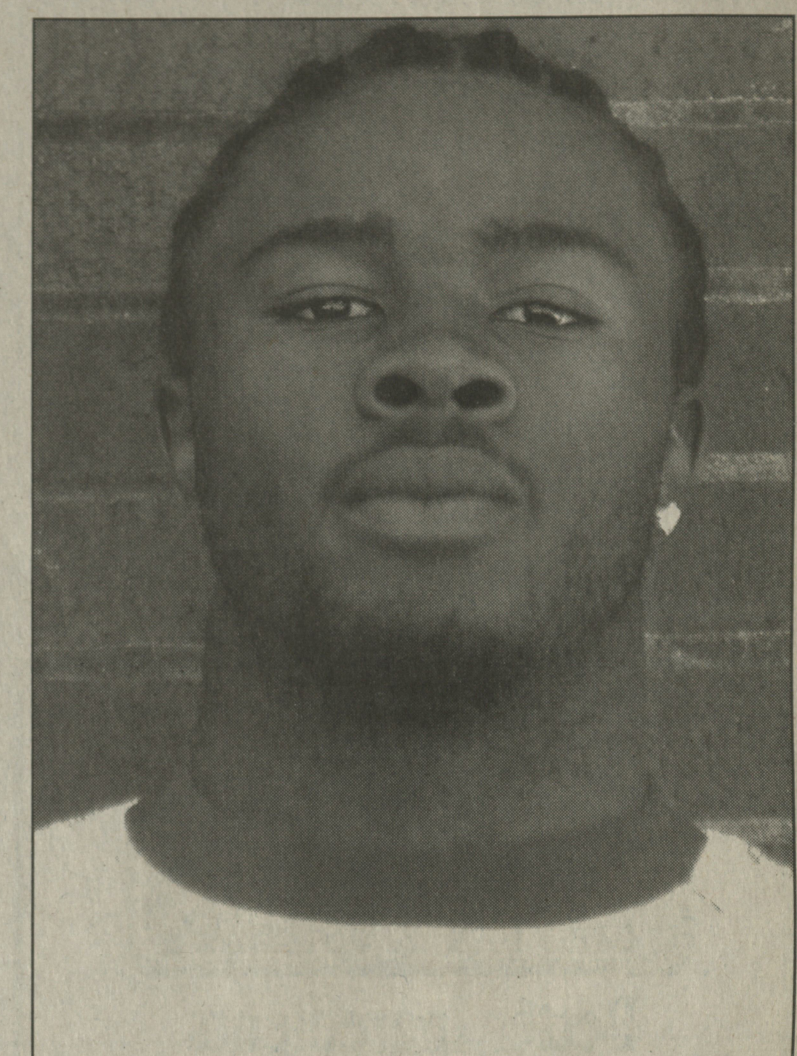
What will it take for SU to have another undefeated regular season?

The team has to realize that our schedule is no pushover. The ACFC has two teams that just missed the playoffs by one game. Our coaches are going to put us in the right position to be successful. We have to worry about team goals and not the individual goals.

What is your take on the parking pass drama? Worth the \$60 or not?

The parking pass is out of control. I feel like I'm donating my money for things the university is doing in the future. It's not worth \$60, but people

will still pay it because they don't want to walk.



Kyle Sherman/The Flyer

Byron Westbrook has been chosen as a D3football.com preseason all-American second team player, and first team all-American by Street and Smith.

# When the Saints go marching on

## New Orleans plays for more than Super Bowl berth

By Kevin Froehlich  
Sports Editor

This is not a preview of the upcoming NFL season, but it has everything to do with it.

Every football fan has a team they root for, even reporters (whether they like to admit it or not), and I'm no exception. I love the Eagles. But, just for this year, I'm going to root for another team, as well, and I encourage you to do the same.

I'm talking about the New Orleans Saints. Here's a team that's not just associated with the city, but bleeds the Big Easy. They don't just play there, they live there, they love it there. They're one of the only teams that embody the flavor of the city they play in, and now they're the only team who doesn't have a city to play in.

After their preseason game with Oakland, Saints Pro Bowl receiver Joe Horn said, "I've never witnessed

nomads makes the playoffs. Here's a franchise who has no idea where it's going to play its home games (right now it looks like the Alamogordo in San Antonio), who has made the playoffs just five times since their creation in 1967, has won just one of those games, and who last year, as we've grown accustomed to, started off 4-8 but somehow fought their way to 8-8 at season's end, just short of the postseason.

But if they were to go against the odds and earn a berth, watch out America. If you think New Orleans throws a hell of a Mardi Gras now, imagine what will go down if they play into January. Now that would be some kind of a party.

Just imagine if this group of

anything so chaotic and disastrous. You always see things on TV or in the movies, but this is real life...Of course everybody says it puts football in perspective. It's damn hard to come out here and act like we're into our jobs with something like this going on."

But, Joe, that's what you need to do. Right now, you and your teammates are doing the right thing. You're not just giving money to the cause, you're actually going out to the displaced and helping them, making sure they're okay, making sure they stay strong. That's more than most of us can say.

When you get on the playing field, though, you've got to act like you're into your job. That smile has to be there. That swagger must be there. In fact, do the whole cell phone

thing again. And this time say you called the Red Cross. A laugh and a message. Who can get upset at that?

Joe, just like LSU and Ole Miss and Mississippi State and all the college teams who play in the Gulf, you and the Saints aren't just playing a simple sport. You're embodying a spirit, a hope that is a part of the fabric of the evacuees.

They want supplies, they want security. What they need, though, is hope. They need you to play. They've told you that themselves when you visited the Astrodome and KellyUSA. Rarely do athletes play with a purpose anything greater than winning a championship.

But that's the gift – and it is a gift – that you have now. Even if you go 0-16, even if you never score a touchdown, the fact you're compet-

ing not just for yourself, but for the Gulf region, that will make all the difference. The fact you continue the fight for an entire region gives them a hope no other relief effort can. If that's not a reason to strap on the pads, then I don't know what is.

That's why we should all cheer the Saints. They're shouldn't be a single boo when they're name is announced or when they score a touchdown on the road. If anything, there should be standing ovations when they take the field, and even louder cheers when they leave. Even if they're playing your favorite team. Be upset that your team failed, but don't be mad at New Orleans.

And if the Saints win, don't feel too bad. There's a city – a region – out there that needs that victory more than you do.

**Salsarita's**  
Fresh Cantina

119 West College Avenue  
(In the Super Fresh  
Shopping Center)

12741 Ocean Gateway  
(In the Outlet Center  
W. Ocean City)

Burritos, Nachos, Quesadillas, Taco Salads  
Choose from: Grilled Chicken, Grilled Steak,  
Shredded Beef, Pork or Shrimp

OPEN

11am - 9pm (Sunday-Thursday)

We Accept

# Sea Gull Sports Beat

By Kevin Froehlich  
Sports Editor

## FIELD HOCKEY

Brittany Elliot, Abby Rowe, Sarah Tracey and Lynette Sgrignoli each scored a goal as the No. 1 Sea Gulls held onto a 4-2 win over Christopher Newport Wednesday in Newport News, Virginia.

SU (4-0) jumped out to a 4-0 first half lead before hanging onto the victory. Megan Powell had two assists and Kim McLeod added another. Goalie Maria Ramondos stoned five shots.

## FOOTBALL

Running back Leroy Satchell and quarterback Dustin Johnson contributed in a huge way Saturday as the No. 12 Gulls out-slugged SUNY Brockport 35-30 in Brockport, New York.

Satchell finished with 174 yards and one touchdown on 29 carries. Johnson not only ran for 126 yards and two scores, but also tossed for the same amount of yards on 7-12 passing, connecting with Joe Early and Jamar Garner for touchdowns. Byron Westbrook anchored the SU

## MEN'S SOCCER

Another day, another victory for the No. 3 Gulls, as they crushed SUNY Oswego 8-0 on Saturday, the first day of the St. Mary's College Soccer Classic in St. Mary's, Maryland.

Both Reid Klopp and Wjij Jones notched two goals for SU (4-0), with Jones adding an assist. Chris Mills, Zach Grubb, Layne Crothers and Nick Malone also scored a goal a piece. Scott Sparrow led in assists with two, while Tim Lane, Dan Butler and David Punsinsley also con-



# Cross country runs over competition

By Noah Wood  
Staff Writer

The Salisbury University cross country teams raced to first (men) and second (women) places at the Towson University Invitational on Saturday.

Both teams ran against nine other Division I and III teams. The Towson Invitational is a competitive meet; SU head coach Jim Jones his team to this early-in-the-season competition to prepare them for the conference championships later in the season.

"[This was] a great team accomplishment for the men," said Jones.

"And a great opportunity to race against teams from our region."

The women finished second to the nationally-ranked NCAA Division III Mid-East Region squad Dickinson, but beat Towson, a formidable Division I opponent.

"It was very good they beat a good Division I team like Towson and came close to beating a team who qualified for Nationals last year," Jones said.

SU will be in action again on Saturday, September 18th in North Dartmouth, MA for the UMASS-Dartmouth Invitational.

## Stats at a Glance

Women's Individual	Results:
5-Kilometer Race	
Amanda Hill - Fr. - 7th - 19:18	
Casey McNerny - So. - 8th - 19:21	
Glenna Sullivan - Fr. - 10th - 19:22	
Kelly Sullivan - Fr. - 14th - 19:34	
Lauren Bragg - Sr. - 21st - 20:12	
Zuzka O'Zwoldikes - So. - 30th - 20:42	
Jen Bulger - So. - 31st - 20:42	
Hannah Pfeiffer - Fr. - 36th - 20:59	
Jessica Morris - So. - 46th - 21:21	
Lauren DePaul - So. - 57th - 21:40	
Amy DiMichelle - Fr. - 66th - 21:55	
Brianna Wodolawsky - Fr. - 76th - 22:34	
Men's Individual Results:	
8-Kilometer Race	
Scott Koehler - Sr. - 4th - 27:13	
Eric Graves - So. - 6th - 27:24	
Buck Stokes - So. - 8th - 27:34	
Will Murdoch - Sr. - 11th - 27:47	
Enos Benbow - Sr. - 13th - 28:01	
Zack Dickerson - Fr. - 21st - 28:20	
Brian Eagan - So. - 26th - 28:35	
Nick Loffer - Sr. - 27th - 28:36	

# Field Hockey dominates SU Invitational



Alex Sidel/The Flyer

Salisbury's Ashley Spencer runs down the ball during Saturday's game against Brockport.

By Shawn Nisson  
Staff Writer

The Salisbury University field hockey team dominated its competition on Saturday at the Sea Gull Invitational, beating both Denison and SUNY Brockport. The Gulls

began the day as the number one team in D-III, with a winning streak of 35 games, dating back to the 2003 season.

In the opener, the Big Red of Denison became the 36th straight team to fall to the Gulls, losing 6-0.

SU's first goal came off of a penalty corner with Sarah Tracey assisting Tracey Lloyd, 4:30 into the game. Junior Megan Powell scored her second and third goals of the young season to put the Gulls up 3-0 soon after. Brittany Elliott scored on a penalty stroke to put the Gulls up by four.

Less than two minutes later, Elliott assisted Lloyd on her second goal of the game, this one also coming off of a penalty corner. Senior midfielder Lauren Mathews put the cherry on top scoring the Gulls sixth and final goal of the game.

SU dominated Denison in all phases, not only shutting the Big Red out, but also not allowing them to get a shot off.

With the appetizer of the Big Red behind them, the Gulls turned their attention to devouring the Golden Eagles of SUNY Brockport. SU got off to a quick start once again scoring three minutes into the game, off a rocket shot from Danielle Twilley. Ten minutes later the Gulls struck again, this time off the all too familiar connection of Powell to Elliott.

Thirty-one seconds later Lynette Sgrignoli deposited the ball into the back of the net after receiving the

pass from Abby Rowe, putting the Gulls up three. Sgrignoli made it 4-0 with 11 minutes to go in the first half, and eighteen seconds later Elliott scored again, this time off a pass from Rowe making it 5-0. Junior defensive stalwart Tracey scored with 8:34 to go in the half propelling the Gulls lead to six.

Continuing to score in bunches, Sgrignoli scored her third goal of the day off a pass from Powell, yet not to be out done 49 seconds later by Elliott, who scored her third goal of the day on a pass from Sgrignoli, making it 8-0 with 3:50 to go in the first half.

Lloyd scored the final goal of the game in the final seconds of the first half putting the Gulls up 9-0. The Gulls once again dominated defensively, allowing just two shots without any real scoring opportunities.

"It was a full field effort today. We were able to make great passing combinations and then we were able to finish, as well, so I was really pleased with our effort today," said SU head coach Dawn Chamberlain.

The Gulls will take on John Hopkins University this Wednesday at Sea Gull stadium.

# Men's soccer nets a win in OT

By Aaron Boker  
Staff Writer

Senior captain Dan Butler went storming down the field only to find himself mugged by his ecstatic teammates after getting a shot past Catholic to give No. 3 Salisbury Men's Soccer the 1-0 victory in double overtime and their first win on Wednesday afternoon. The goal came after 108 frustrating minutes of missed opportunities for the Sea Gulls.

"It feels pretty good to win at this point," said Butler. "This game, it had its up and downs and it feels good to get out of here with a win."

The level of play started out even in the first half. Catholic had a strong chance when the Cardinals got a header off a free kick, but the ball landed just left of the net. The Sea Gulls made some threats but nothing dangerous for the Cardinal defense.

"I told them we needed to pick up the level of play," said SU Coach Gerry DiBartolo. "We were specta-

tors in the first half and we needed to be participants in the second half."

SU (3-0, 1-0 CAC) came out attacking in the second half. However, every attack SU gave Catholic fell short, from several headers in the goalie box flying just

"I was a little bit shaky at first but once I got down the role, I was just playing soccer and a lot of my teammates kept me focused."

Scott Maguire  
Goalie

over the net to Catholic goalie Evan Phillips' dropped save the Sea Gulls couldn't knock passed.

As the game went into the first overtime period, Catholic threatened SU goalie Scott McGuire. However, McGuire answered the

challenge, getting rid of a Catholic shot that looked like the game winner and knocking away another loose ball in the air off a corner kick.

When the second overtime period started, SU picked up the attack from the second half. SU then got the game winner when senior forward Chris Mills fed Butler on a cross pass at the 8:33 mark.

"A win is a win. I don't know necessarily if we were as sharp as we were to be but we continued to press and put the team under pressure. We knew we were going to get a break some where along the way," DiBartolo said.

The biggest stat of the game was the three saves and shutout victory for McGuire, who was making his first career start replacing injured All-CAC goalie Jason Cranford.

"I pretty much kept it simple," said McGuire. "I was a little bit shaky at first but once I got down the role, I was just playing soccer and a lot of my teammates kept me focused."



Laura Emmons/The Flyer

SU freshman Nick Malone steals the ball from Catholic University's Colin Crawford. The game went into overtime with SU winning 1-0.

SU out-shot Catholic 17-6 and had 13 corner kicks compared to the Cardinals' three. Both teams combined for 27 total fouls (Salisbury 11, Catholic 16) in what proved to be a very physical game.

# Last minute heroics save Gulls in home opener

By Matt Petersen  
Staff Writer

The Salisbury University women's soccer team defeated the Ospreys of Richard Stockton College 1-0 in the final minutes of the Gulls home opener on Wednesday. The lone goal of the back and forth battle was scored during an injury time and lifted Salisbury to an important and emotional win.

Coming off of two shutout losses to Elizabethtown College and The College of New Jersey in the past week, it was important that the Gulls play well against Stockton and to come away with the win. Coach Jim Nestor, when speaking of the game's importance, said, "It is nice to get back to five hundred, and we are encouraged with the play in the second half."

Nestor and his squad came into the game looking to improve on the way in which they controlled the ball. SU eliminated many mistakes in the second half, enabling them to take control of the game and eventually net the game-winning goal.

The game was won on head-ball goal by junior midfielder Brandi Sproul in the 93rd minute. The assist was credited to Heather Pallett. Pallett lifted the ball off a restart into

the 18 yard box and Sproul rose high into the air for the header.

"Pallett got the ball up, and Sproul is great in the air," said Nestor of the play.

It was Sproul's first goal of the season and Pallett's second assist of the year. Pallett now leads the team in points with six.

SU escaped with the win despite being out shot by the Ospreys 18 to 12. Nestor credited the shutout to goalie Kate Hendrickson's phenomenal play in front of the net. In Hendrickson's second shutout of the season she made 11 saves, including some very clutch stops late in the game. For the season Hendrickson has stopped 30 of 34 shots on goal.

The win boosts the Gulls record to 2-2 as they head into a tough stretch of the season with four games in 10 days. An extraordinary defensive effort and persistence on offense gave the squad the win Wednesday, and the elevated play of the second half should create some momentum as the Gulls go for a 12th straight winning season and another appearance in the CAC championship.



Laura Emmons/The Flyer

SU defensive player Ashley Martin steals the ball as teammates look on. The Gulls won Wednesday's game 1-0.

# Sea Gull Sports Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Volleyball vs. Catholic at 7 p.m.	Field Hockey vs. Johns Hopkins at 4:30 p.m.  Women's Soccer vs. Virginia Wesleyan at 4:30 p.m.			Women's Soccer vs. Catholic at 1 p.m.	